



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 01167, Cheese, mexican, queso chihuahua**

**Report Date: July 09, 2017 12:42 EDT**

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, diced 132g	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 17g	1 slice (1 oz) 28g
<b>Proximates</b>									
Water	g	39.13	2	--	51.65	44.22	11.09	6.65	10.96
Energy	kcal	374	--	--	494	423	106	64	105
Energy	kJ	1567	--	--	2068	1771	444	266	439
Protein	g	21.56	2	--	28.46	24.36	6.11	3.67	6.04
Total lipid (fat)	g	29.68	2	--	39.18	33.54	8.41	5.05	8.31
Ash	g	4.06	2	--	5.36	4.59	1.15	0.69	1.14
Carbohydrate, by difference	g	5.56	--	--	7.34	6.28	1.58	0.95	1.56
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	5.56	--	--	7.34	6.28	1.58	0.95	1.56
<b>Minerals</b>									
Calcium, Ca	mg	651	2	--	859	736	185	111	182
Iron, Fe	mg	0.47	2	--	0.62	0.53	0.13	0.08	0.13
Magnesium, Mg	mg	23	2	--	30	26	7	4	6
Phosphorus, P	mg	442	2	--	583	499	125	75	124
Potassium, K	mg	52	2	--	69	59	15	9	15
Sodium, Na	mg	617	4	6.112	814	697	175	105	173
Zinc, Zn	mg	3.50	2	--	4.62	3.96	0.99	0.59	0.98
Copper, Cu	mg	0.024	1	--	0.032	0.027	0.007	0.004	0.007
Manganese, Mn	mg	0.071	2	--	0.094	0.080	0.020	0.012	0.020
Selenium, Se	µg	14.5	--	--	19.1	16.4	4.1	2.5	4.1
<b>Vitamins</b>									
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0	0.0

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Thiamin	mg	0.018	2	--	0.024	0.020	0.005	0.003	0.005
Riboflavin	mg	0.225	2	--	0.297	0.254	0.064	0.038	0.063
Niacin	mg	0.150	2	--	0.198	0.169	0.043	0.025	0.042
Pantothenic acid	mg	0.279	2	--	0.368	0.315	0.079	0.047	0.078
Vitamin B-6	mg	0.055	2	--	0.073	0.062	0.016	0.009	0.015
Folate, total	µg	2	2	--	3	2	1	0	1
Folic acid	µg	0	--	--	0	0	0	0	0
Folate, food	µg	2	2	--	3	2	1	0	1
Folate, DFE	µg	2	--	--	3	2	1	0	1
Choline, total	mg	15.4	--	--	20.3	17.4	4.4	2.6	4.3
Vitamin B-12	µg	1.03	2	--	1.36	1.16	0.29	0.18	0.29
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	56	--	--	74	63	16	10	16
Retinol	µg	56	--	--	74	63	16	10	16
Carotene, beta	µg	4	--	--	5	5	1	1	1
Carotene, alpha	µg	0	--	--	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0
Vitamin A, IU	IU	193	--	--	255	218	55	33	54
Lycopene	µg	0	--	--	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.26	--	--	0.34	0.29	0.07	0.04	0.07
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.5	--	--	0.7	0.6	0.1	0.1	0.1
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	0.7	0.6	0.1	0.1	0.1
Vitamin D	IU	22	--	--	29	25	6	4	6
Vitamin K (phylloquinone)	µg	2.5	--	--	3.3	2.8	0.7	0.4	0.7
<b>Lipids</b>									
Fatty acids, total saturated	g	18.843	--	--	24.873	21.293	5.342	3.203	5.276
4:0	g	0.898	--	--	1.185	1.015	0.255	0.153	0.251
6:0	g	0.470	--	--	0.620	0.531	0.133	0.080	0.132
8:0	g	0.253	--	--	0.334	0.286	0.072	0.043	0.071
10:0	g	0.552	--	--	0.729	0.624	0.156	0.094	0.155
12:0	g	0.503	--	--	0.664	0.568	0.143	0.086	0.141

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14:0	g	3.121	--	--	4.120	3.527	0.885	0.531	0.874
16:0	g	9.247	--	--	12.206	10.449	2.622	1.572	2.589
18:0	g	3.800	--	--	5.016	4.294	1.077	0.646	1.064
Fatty acids, total monounsaturated	g	8.443	--	--	11.145	9.541	2.394	1.435	2.364
16:1 undifferentiated	g	0.947	--	--	1.250	1.070	0.268	0.161	0.265
18:1 undifferentiated	g	7.496	--	--	9.895	8.470	2.125	1.274	2.099
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.892	--	--	1.177	1.008	0.253	0.152	0.250
18:2 undifferentiated	g	0.547	--	--	0.722	0.618	0.155	0.093	0.153
18:3 undifferentiated	g	0.346	--	--	0.457	0.391	0.098	0.059	0.097
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	105	1	--	139	119	30	18	29
<b>Amino Acids</b>									
Tryptophan	g	0.198	--	--	0.261	0.224	0.056	0.034	0.055
Threonine	g	0.818	--	--	1.080	0.924	0.232	0.139	0.229
Isoleucine	g	1.076	--	--	1.420	1.216	0.305	0.183	0.301
Leucine	g	2.017	--	--	2.662	2.279	0.572	0.343	0.565
Lysine	g	1.536	--	--	2.028	1.736	0.435	0.261	0.430
Methionine	g	0.608	--	--	0.803	0.687	0.172	0.103	0.170
Cystine	g	0.144	--	--	0.190	0.163	0.041	0.024	0.040
Phenylalanine	g	1.037	--	--	1.369	1.172	0.294	0.176	0.290
Tyrosine	g	1.019	--	--	1.345	1.151	0.289	0.173	0.285
Valine	g	1.266	--	--	1.671	1.431	0.359	0.215	0.354
Arginine	g	0.777	--	--	1.026	0.878	0.220	0.132	0.218
Histidine	g	0.598	--	--	0.789	0.676	0.170	0.102	0.167
Alanine	g	0.821	--	--	1.084	0.928	0.233	0.140	0.230
Aspartic acid	g	1.397	--	--	1.844	1.579	0.396	0.237	0.391
Glutamic acid	g	4.503	--	--	5.944	5.088	1.277	0.766	1.261

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, diced 132g	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 17g	1 slice (1 oz) 28g
Glycine	g	0.384	--	--	0.507	0.434	0.109	0.065	0.108
Proline	g	2.249	--	--	2.969	2.541	0.638	0.382	0.630
Serine	g	1.115	--	--	1.472	1.260	0.316	0.190	0.312
<b>Other</b>									
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0